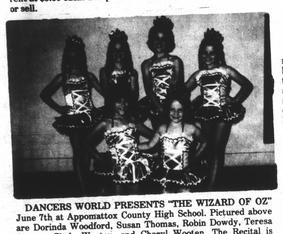
A GRAND OPENING WAS HELD AT THE FARMVILLE AREA MARKET Sunday afternoon at 2 p.m. when it officially opened with ribbon cutting ceremonies. Located in the Randolph Tobacco Warehouse, the Farmville Area Market has fresh produce, arts and crafts, and flea market. Stalls are for rent at $3.00 each. The public is invited to come to browse, buy or sell.



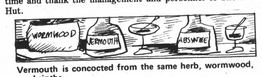
DANCERS WORLD PRESENTS "THE WIZARD OF OZ" June 7th at Appomattox County High School. Pictured above are Dorinda Woodford, Susan Thomas, Robin Dowdy, Teresa Burger, Cindy Wooten, and Cheryl Wooten. The Recital is sponsored by the Appomattox Junior Woman's Club and tickets will be on sale at the door.

FORESTERS STUDY PR - Pointing out ways forest industries personnel can improve communication skills for working with the media are leon V. Cheeseman (standing, left) of the Southern Forest Institute and John Cameron (right) of The University of Alabama, co-sponsors of a continuing educaiton course on forest industry communications at the week-long program include University. Particpants at the week-long program include University. Particpants at the week-long program include (seated) Walter Perkins of Charlottesville, Va.; Craig Carr of Covington, Va.; and Gary Youngsblood of Appomattox, Va.

BROWNIES VISIT PIZZA HUT

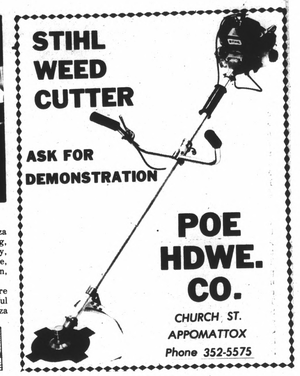
Pamplin Brownie Troop #328 visited the Appomattox Pizza Hut on Monday, May 29th. In attendance were Tiny Irving, April Hackney, Vronda Hix, Waltiece Lee, Arlinda Wesley, Sally Inge, Geressa Hix, Natasha Woolridge, Latrese Lee, Michele Baldwin, Lona Carwile, Eliza Gray, Debra Richardson, Robin Miller and Holly Neville.

The girls were permitted to make their own pizza and were treated to balloons and hand puppets They had a wonderful time and thank the management and personnel of The Pizza Hut.



Vermouth is concocted from the same herb, wormwood, as absinthe.

STIHL WEED CUTTER



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Letter To The Editor

Town Meeting
Appomattox, VA, May 18, 1978
Appomattox High School Local Government Who?

Mr. Chairman, fellow citizens and friends of Appomattox. My name is (Robert R. Bob Maniates. **Why am I here tonight?** I am here because I am a concerned citizen not just concerned only about Appomattox, but also very much concerned about the Commonwealth of Virginia, and our **once** great Unites States of America, and I am a firm believer that we, in the local areas of our country are the only ones that can ever get this **once** great country back on the right track **Politically, morally, or Economically** for it must be done at the roots.

You in this area are more **readily to understand** what is wrong with our **community and Country** for you are **earthly people** and a lot of you are farmers which in time to come will be the salvation of all people, you all know and understand by your **closeness to nature** - that whenever any plant or tree dies it is from the top, and that **answers the whole problem - we are the roots** we must live so that we can put **life back in to the Country.** We the roots look up to the top and see **how bad things are right now the top has already turned dark** and we must work harder by **seeking** ways to make our **top officials** see what they are **leading us into,** I know some are trying, but are **theytrying hard enough,** and I also know that some are, (I might say more are) just riding along high on the tree drinking in all they can get while we the roots are begging for some **form of help to give us strength enough to keep the whole tree alive,** this is **our tree, our country,** and if **nature and history** remain true we the roots will be the last to die thank God if it does come to pass, we the roots will have a chance to come back to life much easier than a dried up leaf blown away.

Please excuse me for going off on the past line of thinking but as your pamplet says REVIVAL OF YE OLDE TOWN MEETING Get **together with Friends, Neighbors, Get to know your Local Government.**

"Get To Know Your Local Government." The first thing that strikes my mind is this "does our local government want us to **get to know them".** I have been in Appomattox now for 28 years and I attended one Meeting of the Board of Supervisors which was held at night and was **called a Public Hearing on The Budget** for that year to tell the people what their tax rate was going to be for that year. At the opening of the meeting the Chairman stated very bluntly that the only reason they were having the meeting was because the Law require them to do so, but our tax rate was going to be exactly what they stated at the meeting, so why bother to listen to the people if they had already decided what they were going to do before hand.

I suggest if the local government really and truly wants to listen to we the people the supervisor meetings should be held at night, after all a lot of Appomattox citizens work for large organizations during the day, and day light is certainly a factor to the farmer. Until the elected officials not only here in Appomattox but all over the country begin to listen to the people they will never be successful in helping the country.

Before closing may I say thanks to the Virginia Planning District Commission for the privilege to speak at this Town Meeting, and also the Virginia Foundation of Humanities and Public Policy. Thanks again.

Bob Maniates
President of the
Lynchburg Taxpayers League

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HAPPINESS IS 4-H

By Frank H. Sweet
Extension Arent

All 4-H June Dairy Posters should be turned in by Monday, June 5. These will be judged next week and returned to you. All 4-H'ers making posters will receive ribbons. The theme for this year's contest is "Pull for Milk." The June Dairy Poster Program is sponsored by the American Dairy Association.

* * *

4-H families in the Pamplin vicinity may be interested in the newly developed Farmville Area Market in Farmville at the new Tobacco Warehouse. The Farmville Area Market provides an opportunity to market items ranging from plants, vegetables, crafts, etc. The market is open on Saturdays and on Sunday afternoons. Buyers as well as sellers are welcome. Contact us if you're interested in more information.

* * *

Senior 4-H'ers who are interested in being Teen Leaders at 4-H Camp this summer should plan to attend a one-day leadership conference at Holiday Lake on Saturday, June 17. This area-wide conference will be helpful for all Senior 4-H'ers. More information will be sent shortly to teenage 4-H'ers.

* * *

All 4-H Camp forms are due in the Extension Office by July 7. If you still need a camp application, please let us know.

* * *

4-H'ers taking horse projects may be interested in the Horse and Pony Schooling Clinic to be held at Holiday Lake on July 15. Details will be sent to 4-H'ers enrolled in horse projects. The session at Holiday Lake will include instructions for English and Western riders. Yes, you will need to bring your horse or pony.

* * *

Many 4-H'ers have asked about the 4-H Week at King's Dominion, July 3 - 9. The details were outlined in the May issue of your 4-H newsletter "Head, Heart, Hands, Health." Please refer to your newsletter. Please note that ticket orders for your family need to be made by June 20.

* * *

JODY RAINWATER OF WTTX is shown interviewing some of the people attending the Open House at Pamplin Community Center on May 20th. WTTX did a live broadcast from the Center Saturday afternoon.

Pastor's Anniv. Very Successful

The 32nd anniversary of the Rev. R. Q. Lawing as pastor of the Galilee Baptist Church came to a successful end last Sunday evening with the Rev. H. W. Pryor and his Scott Zion Senior Choir as special guest. The following program was enjoyed by all present: A call to order by Mrs. Dorothy Stevens as mistress of ceremony; Devotions conducted by the guest minister and his choir; Words of welcome and our pastor and his work by Mrs. Dorothy Pannell; Music by guest choir; Introduction of speaker, Deacon L. A. Lawing; Sermon, Rev. H. W. Pryor; Music, guest choir; Offering, Deacons, James Pannell, William Chambers and Mr. William Walker; A solo, Miss Wanda Browder; Presentations: To the guest minister by Deacon Pannell; To the pastor from the church by Deacon John A. Watson; On behalf of friends, Mrs. Delores Bagby; Sunday School, Tonya Andrews; Senior choir, Mrs. Dorothy Pannell; Junior Choir, Lisa Pannell; Men's Club, Mr. George A. Martin; Ladies Club, Miss Helen Stevens; and the Usher Board, Mrs. Bessie Watson, Solo, Mrs. Timotheous.

Remarks by Reverends Raymond Turner and Harrison Kelso. The Rev. Pryor delivered a challenging and spiritual sermon all present enjoyed the message. The chairman of the committee presented corsage in honor of Mrs. Lawing who was ill to her daughter, Mrs. Jacqueline Potest of Baltimore. She accepted the corsage and gave words of thanks for the tribute given her mother and father. A reception was held in the fellowship hall. The anniversary cake was presented to the pastor on behalf of the special committee by Mr. George Martin. The pastor gave special thanks to the committee and to everyone who helped in planning the anniversary celebration and pledged continued service to all.

Impressive service was held at the Promise Land Baptist Church last Sunday morning. The pastor delivered a very helpful message on the theme: The Five Gardens. During the offering period a special rally was reported by the following leaders: Mrs. Ella Robinson, $488; Mrs. Lorraine Booker, $302; Mrs. Margaret Forest, $295; Mrs. Thelma Hancock, $269; Mrs. Martha Eubanks, $185. Pastor Lawing reported $162. A grand total of $1,092.00 was reported for the benefit of the church debt. The pastor gave special thanks to all leaders, members and friends of the church who helped in any way. An after offering was lifted for the graduates of the church in our local high school.

Impressive service was held at the Mount Shiloh last Sunday evening at 7 p.m. Special music was rendered by the Junior Choir. All who came out enjoyed the service.

News has been received here that the Rev. Charlie Franklin, former pastor of the Fountain Baptist Church of Baltimore, Md., now pastor of the Ray of Hope Baptist Church, will march into their new church located on Harford Road and Parkside Drive in East Baltimore, this Sunday, June 4 at 11 a.m. service.

Mr. and Mrs. Madison Fleshman, of Baltimore, are spending a part of their vacation here with his mother and relatives and friends.

Mrs. Eula Mae Pierce, of Baltimore, and friend spent the week end here in her home.

The general public is cordially to attend the regular preaching service at the Galilee Baptist Church this Sunday morning at 11 a.m.

The second anniversary of the Rev. L. E. Hankins will be held at the Zion Baptist Church this Sunday at 3 p.m. The Rev. H. J. Hendericks and his White Oak Grove Choir will render special music and service.

Mrs. Alma Robinson and Mrs. Ida Patterson have returned home after treatment in the hospital.

Mr. and Mrs. Robert Johnson of West Virignia visited his brother and family, Mr. and Mrs. Frank Johnson, here. Mr. William Hunter, of Maryland, spent the week end here with his parents, Mr. and Mrs. Wesley Hunter. Mr. Joe Johnson, of New York, visited his parents, Deacon and Mrs. Frank Johnson for the week end. Mrs. Lois Goode Biglow visited her son-in-law and daughter last week end, Deacon and Mrs. Bernard Lawson. Mrs. Lizzie Mack was happy to have all of her children to visit her over the week end. The Senior Usher Board held its regular monthly meeting last Sunday at 11 a.m. Plans were completed for its anniversary program on Sunday, June 11, at 4 p.m.

Mrs. Jackie Potest and children spent the holiday here with her parents, Rev. and Mrs. Lawing

Mrs. Mae Frances Staton, of New York, spent the week end here as the guest of friends.

Mr. John Louis Robinson spent the week end here as the guest of his mother and sister, Mrs. Bessie Robinson and Mrs. Dorothy Patrick.

Rev. R. Q. Lawing and son, Tim, motored to Blackstone and Petersburg last Wednesday to attend the funeral of a cousin. His sister, Mrs. Collier, of Blackstone, accompanied them.

The Mount Obed Baptist Church will please of the local Branch of the NAACP on Monday night, June 12 at 7:30 p.m.

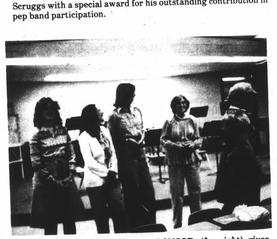
The Appomattox Assembly will meet on Wednesday, June 14. Please arrange to be present.

THE ACHS STAGE BAND provided after dinner entertainment for parents and guests at the Band Awards dinner held Monday night, May 22nd.

FOUR GRADUATING SENIORS, Duane Hogan, Donald Scruggs, Lake Paulette, and Lloyd St. John together represent approximately 30 years of band participation.

FRANK COFFEY, BAND DIRECTOR, presents Donald Scruggs with a special award for his outstanding contribution in pep band participation.

Ivette Ferguson, S.C.A. Representative congratulates Willis Fleshman, drum major; and Donna Volturo, guard captain; for receiving special awards while Donald Scruggs is being congratulated by Duane Hogan, band president.



MRS. ALVIS, MAJORETTE SPONSOR, (far right) gives awards to the majorettes present, Tammy Womack, Leslie King, Wendy MacIntosh and Susan Campbell.

FRANK COFFEY EXPRESSES APPRECIATION to members of the Band Boosters for their continuous support, Mrs. Jim Cobb, Secretary-Treasurer; and Mr. Earl Agee, President.

Headaches

People have tried everything from heating pads to ice-bags, and yet aspirin sales increase every year. Now a research team working under a National Institute of Mental Health grant is trying to find out if the best headache remedy may be simply mind-over-matter.

Muscle-contraction or tension headaches are regarded as stress-related disorders. They occur when people are alarmed by the dangers (real or imagined) in a particular situation and fall into a state of panic. Their panic makes it hard for them to cope with that situation, and this produces high levels of stress and strain which lead to a headache.

An Ohio University study is showing how these sufferers can eliminate headaches and tension by using a simple self-treatment method in which patients literally talk themselves out of stress feelings and into a more relaxed attitude.

To begin with, patients are taught to blame their headaches on their own thinking errors and not on their circumstances. They learn to monitor their headaches by noting what they think and feel before each headache ognize the signs of impending ognize the signs of impending anxiety and ward it off with "self-instructional strategies" that promote self-confidence and a positive outlook.

Some strategies are posed as self-exploring questions (Why is this situation so upsetting to me?). Some involve coping orders (Calm down, think clearly). And others employ fortifying images (Imagine myself carefree and comfortable lying on a beach).

In addition, the research staff furnishes different examples of how people can create their own stress feelings by worrying needlessly, and patients are encouraged to add examples from their own experience. This shows them how to recognize and avoid unreasonable expectations (I must be perfect and loved by everyone) which yo often cause tension headaches.

The head of the Ohio research team believes that "headaches turn out to be fairly predictable. If people take the time to figure out what is bringing on their headaches, they can monitor their tension and learn to stop the pain before it starts."

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Precipitation:
Last Week .22
This Month 6.29
This Year 21.22

Band Awards Banquet Held

Many band students, beginners and those having as much as nine years of formal band training, received recognition at the Band Awards dinner Monday night, May 22nd.

Special recognition was given to Danny Harvey for his participation in the District Regional Band. Acceptance in this band is by audition only and he was given a special award by the Regional Band.

The Beginners Concert Bnd was presented certificates by their director, Mr. Frank Coffey, who is in charge of the band program in the public schools. This is the first beginners band to have given public performance, both at the Christmas and Spring Concerts.

Band letters were given to students in the second year of band, with service pins being given for each additional year. Pins and medals were presented to students of the Stage, Marching and Pep Bands.

New to the Marching Band this year were two supporting units, The Flag Corp lead by Co-Captains Tracy Rush and Juanita Patterson; and The Rifle Corp lead by Co-Captains Mary Wright and Gina George. Awards were presented to those taking part in these units.

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